

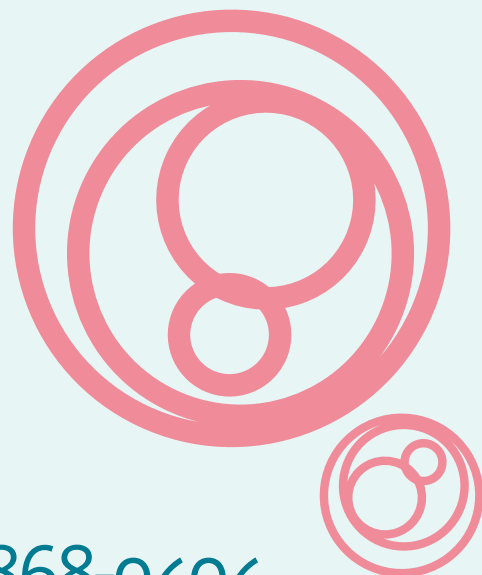
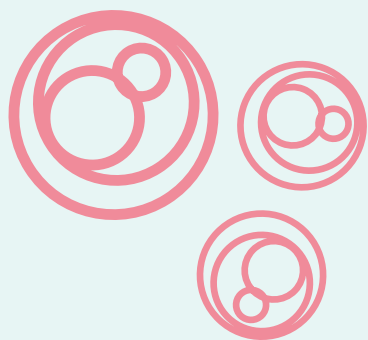
# Give Your Baby Room To Breathe: A Safe Sleep Training Guide



Emergency Medical  
Services for Children



South Carolina Department of Health  
and Environmental Control



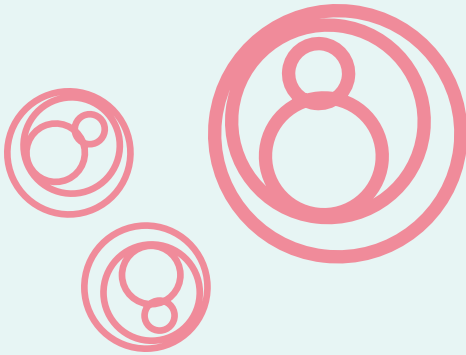
Call the Care Line at (800) 868-0404  
if you need assistance or would like  
information about medical resources.

# I. What Is SIDS?

## Sudden Infant Death Syndrome

- SIDS is the death of an apparently healthy infant younger than 1 year of age that remains unexplained after a thorough case investigation. Such an investigation includes performance of an autopsy, examination of the death scene, and a complete family history.
- Some people call SIDS “crib death” because many babies who die of SIDS are found in their cribs. But cribs DO NOT cause SIDS.





- SIDS is the leading cause of death in infants 1 month to 1 year of age.
- Babies are most at risk between 2 and 4 months of age.
- African American babies are more than two times as likely to die of SIDS as babies of European descent.
- Babies of American Indian/Alaska Native heritage are nearly three times as likely to die of SIDS as babies of European descent.
- Hispanic and Asian/Pacific Islander infants have among the lowest SIDS rates of any racial or ethnic group in the country.

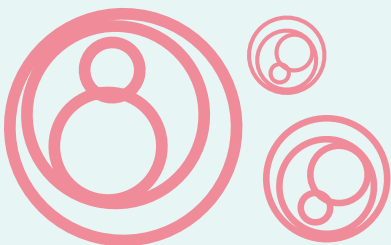


## II. What Should I Know About Unsafe Sleeping In SC?

Babies die from SIDS and unsafe sleeping environments.

SIDS is consistently among the leading causes of infant death in South Carolina.

Accidental suffocation and strangulation in bed is the leading cause of accidental infant death in South Carolina.



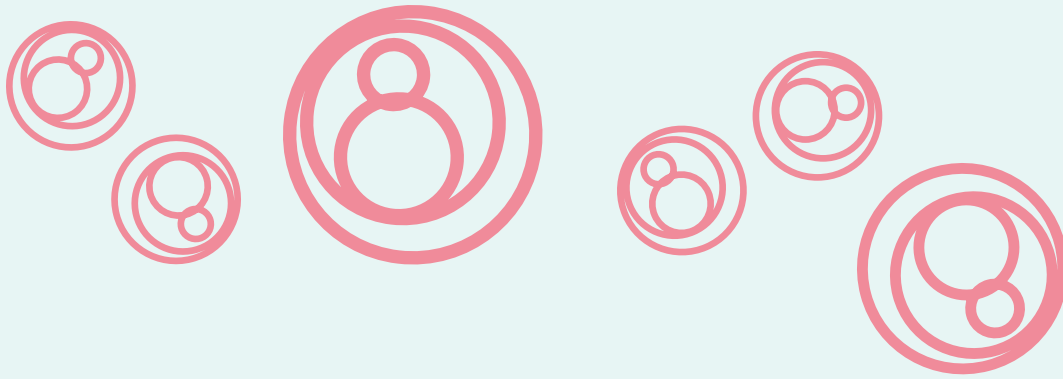
# III. Understanding The SIDS Risk

Currently, there is no known way to prevent SIDS.

But there are several risk factors during the prenatal period, at birth, and throughout the infant's first year that can be modified or controlled to reduce the risk of SIDS.

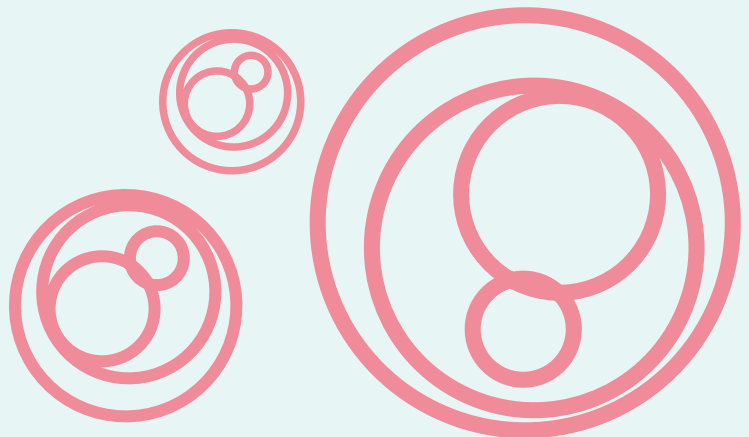






## Many Common Myths about SIDS are Not True

- SIDS is not caused by vomiting and/or choking.
- SIDS is not suffocation.
- SIDS is not caused by immunizations.
- SIDS is not contagious.
- SIDS is not caused by child abuse or neglect.
- SIDS is not the cause of every unexpected infant death.



# IV. Creating A Safe Sleep Environment For Baby

Safe Sleeping Environment



Un-Safe Sleeping Environment





# Safe Sleep Top 10

1. Babies sleep safest on their backs!  
Always place your baby on his/her back to sleep for naps and at night.

Babies who sleep on their stomach are much more likely to die of SIDS than babies who sleep on their backs.



# Safe Sleep Top 10

2. Use a firm sleep surface.  
Use a safety approved crib  
mattress covered by a fitted sheet.

3. Keep soft objects, toys and loose bedding out  
of baby's sleep area.  
Don't use pillows, blankets, quilts, sheepskins, or  
crib bumper pads in your baby's sleep area, and  
keep any other items away from your baby's face.



# Safe Sleep Top 10

4.

Do not allow smoking around your baby!

Don't smoke before, during, or after the birth of your baby.

Don't let anyone else smoke around your baby.



# Safe Sleep Top 10

5. Think about using a clean, dry pacifier when placing the infant down to sleep.

But don't force the baby to take it.

If the pacifier falls out of baby's mouth during sleep, it is not necessary to put the pacifier in baby's mouth again while sleeping.

If you are breastfeeding your baby, wait until your child is 1 month old or until he or she is used to breastfeeding before using a pacifier.



# Safe Sleep Top 10

6. Do not let your baby overheat during sleep.  
Keep room at a comfortable temperature.  
Dress your baby in clothing that is made  
of appropriate fabric.

*Tip: If the temperature is  
comfortable for an adult,  
the temperature is  
comfortable for the baby.*



# Safe Sleep Top 10



7. Avoid products that claim to reduce the risk of SIDS.

Most products have not been tested for effectiveness or safety.

Do not rely on home monitors to reduce the risk of SIDS.

If you have questions about using a monitor for other conditions, talk to your health care provider.



# Safe Sleep Top 10

## 8. Your baby needs tummy time!

Reduce the chance that flat spots will develop on your baby's head by placing your baby on the tummy when awake and someone is watching.

Tummy time helps your baby's head and neck muscles get stronger and helps to prevent flat spots on the head.

Also, change the direction that your baby faces in the crib from week to week. That way, he or she is not always putting pressure on the same part of the head.



# Safe Sleep Top 10

9.

Share your room with baby, not your bed. Babies should not sleep in an adult bed or on a couch or armchair or with you, other adults, children, or pets.

If you bring baby into bed with you to breastfeed, put him or her back in a separate sleep area when finished.



# Safe Sleep Top 10

10. Talk to your child care provider about creating a safe sleep environment for your baby!

Don't assume everyone knows how to keep babies safe while sleeping.

Any time that someone besides you is caring for your baby, review the ABCs of Safe Sleep with them so they are aware of the SAFEST way for your baby to sleep.



# V. Dangers Of Bedsharing

- Your baby may get caught under the pillows or blankets and not be able to breathe or move.
- Your baby may get trapped in the space between the mattress and wall, headboard, footboard, or bed railings.
- You may accidentally roll over on your baby and suffocate him.
- Your child is **MORE AT** risk if the adult sleeping with the child has been smoking, drinking alcohol or using drugs.



Providing a safe sleeping environment is the single most important step you can take to reduce your baby's risk of SIDS, suffocation and accidental death.



# Remember The ABC's Of Safe Sleep:

**A** ALONE  
on your **B** BACK  
in a **C** CRIB